

# GOLDEN GAZETTE

A Monthly Newspaper for Senior Adults in the Fairfax Area

DECEMBER 2005

*Serving Seniors for 29 Years*

VOL. 29, NO. 8

## Seniors On-The-Go! Taxicab Surcharge

On October 17, 2005, the Fairfax County Board of Supervisors passed a \$1.00 surcharge onto the cost of all taxicab rides. This was done to offset the huge spike in gasoline prices that occurred in late August and early September (the surcharge is per cab ride and not per person in the cab). The surcharge is in place until November 21, when the Board of Supervisors plans to hold a public hearing regarding whether or not it should extend the surcharge beyond November 30 and/or raise the surcharge up to but no more than \$1.50.

At the time that this article was submitted, it was not possible to determine what decision the Board of Supervisors would make on November 21; however, since the price of gasoline reached all-time highs in mid-September, prices have continued to steadily decline. By the time the December issue of the *Golden Gazette* is distributed, the Board of Supervisors will have made its decision.

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This is an abridged version with links to senior centers and county tours. Policy prohibits publishing the ads that are included in the print version.

If you would like to receive the print version on a monthly basis, please e-mail [kathy.wilson@fairfaxcounty.gov](mailto:kathy.wilson@fairfaxcounty.gov). It's free! Large-print and recorded formats also are available.

## NEUROPATHY IS KEY RISK IN DIABETIC PATIENTS

*by Kenneth R. Wilhelm, DPM*

Aggressive screening for evidence of nerve damage and sensory loss (peripheral neuropathy) can identify diabetes patients at the highest risk for severe, disease-induced foot problems, such as infection-prone skin ulcers and a debilitating deformity called Charcot foot. Left untreated, these complications put advanced-stage diabetes patients on a path to a lower-limb amputation. The presence of neuropathy is the most critical predictor of which diabetic patients eventually will develop severe foot problems. Peripheral neuropathy is defined as damage to the nerves of the arms or legs. It can affect the hands or feet. Some causes of neuropathy are: trauma, diabetes, alcoholism, kidney disease, vitamin deficiencies, vascular disease, autoimmune disorders, and hereditary factors.

Simple neurological testing combined with a thorough patient history are the most useful tools to identify diabetes patients with neuropathy and the highest risk for crippling foot disorders. Accordingly, doctors must screen more aggressively to identify patients at high risk for Charcot foot and foot ulcers to help spot early warning signs and seek immediate care.

Many foot and ankle complications associated with diabetes can be prevented or minimized with regular check-ups and daily patient inspections for sores, cuts, and tiny puncture wounds. With early detection, doctors can institute measures to prevent foot deformity and eventual amputation.

A simple, noninvasive test performed by a podiatric foot and ankle surgeon or primary-care physician is effective in detecting neuropathy. A readily available instrument with a fine monofilament

*Cont. p. 11*



# GOLDEN GAZETTE

*Published by the*

**COUNTY OF FAIRFAX, VIRGINIA**

*Department of Family Services*

**FAIRFAX AREA AGENCY ON AGING**

**12011 Government Center Parkway**

**Suite #708**

**Fairfax, VA 22035-1104**

**Telephone: 703-324-5411**

**Toll-Free: 1-866-503-0217**

**TTY: 703-449-1186**

**FAX: 703-449-8689**

**Web Site: [www.fairfaxcounty.gov/aaa](http://www.fairfaxcounty.gov/aaa). The Golden Gazette is online.**

The *Golden Gazette* is a free, monthly newspaper dedicated to serving persons age 60 and over in Fairfax County and the cities of Fairfax and Falls Church.

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**Publication of advertising contained herein does not constitute endorsement.**



To comply with the Americans With Disabilities Act, the *Golden Gazette* is available in large-print and recorded formats. Call **703-324-5633** to request an alternative format.

## DEADLINES

***ALWAYS the first of the month a month in advance (for ads, ad payments, and announcements).***  
**The next deadline is January 1 for the February 2006 issue.**

## ADDRESS ADDITIONS/CORRECTIONS AND CONTRIBUTIONS

Although the *Golden Gazette* accepts limited paid advertisements, reader contributions are critical to ensure continuation of the publication. We are very grateful to all of you who do send contributions, regardless of the amount (the average contribution is about \$7.00). **Please note that contributions are entirely voluntary.**

If you have an address change, are receiving duplicates, or if you would like to make a contribution, please complete the form below and mail to: ***Golden Gazette, Area Agency on Aging, 12011 Government Center Parkway, Suite 708, Fairfax, VA 22035-1104.*** Checks should be made payable to **Fairfax County**. Please list your current address below or attach your mailing label and check the appropriate lines. If you prefer to call about address changes, the number is **703-324-5633**.

\_\_\_\_\_ Contribution check attached.

\_\_\_\_\_ I am **NOT** currently on your mailing list. Please add my name and address.

\_\_\_\_\_ I am already on your mailing list.

\_\_\_\_\_ I am moving. My new address in the Fairfax area will be:

NAME \_\_\_\_\_

CURRENT ADDRESS \_\_\_\_\_  
Zip: \_\_\_\_\_

NEW ADDRESS (if applicable) \_\_\_\_\_  
Zip: \_\_\_\_\_

TELEPHONE (in case we have a question) \_\_\_\_\_

The names and addresses of persons receiving the *Golden Gazette* are subject to disclosure pursuant to the Virginia Freedom of Information Act, VA Code Sec. 2.1-340 thru 346.1. Inquiries or complaints concerning this policy should be directed to the Fairfax Area Agency on Aging, 12011 Government Center Parkway, #708, Fairfax, VA 22035-1104.

The Fairfax Area Agency on Aging contracts with Southern Maryland Printing in Waldorf, MD, for printing and mailing services.

## Commission on Aging Monthly Meeting

The Fairfax Area Commission on Aging (COA) will meet on **Wednesday, December 21, 1:00 p.m.**, at Supervisor Bulova's office, Braddock Hall (adjacent to the Kings Park Library, 9002 Burke Lake Road, Burke). A public comment period is held at the beginning of each meeting. (Note: The COA meets on the third Wednesday of each month, **except August.**)

Call **703-324-7746** for information or to be placed on the mailing list. If you need a sign language interpreter or any special accommodation or auxiliary aid, please call the Fairfax Area Agency on Aging at **703-324-5411** (voice) or **703-449-1186** (TTY) at least five working days in advance of the meeting. There is no charge for these services.

# Real Estate Tax Relief—More People Now Qualify

On October 17, the Fairfax County Board of Supervisors approved an increase to the amount of net assets that applicants for real estate tax relief may have from \$240,000 to the state maximum of \$340,000 (not including the value of the home, its furnishings, and up to one acre of land). The income limit was increased from \$52,000 to the fixed state maximum of \$72,000. The real estate tax relief changes are retroactive to all of tax year 2005. The board also extended the deadline to apply for 2005 until Dec. 31, 2006, for first-time filers and cases of hardship.

Fairfax County provides real estate tax relief to seniors who are either 65 or older and people with disabilities. Seniors and those who are permanently and totally disabled who owned and occupied their residences in Fairfax County as of December 31 of the preceding year may qualify for real estate tax relief from the county if they meet the following income and financial worth qualifications:

Gross Household Income*	Amount of Relief	Net Combined Financial Worth**
\$52,000 or less	100%	Up to \$340,000
\$52,001-\$62,000	50%	Up to \$340,000
\$62,001-\$72,000	25%	Up to \$340,000

\* County Code excludes \$6,500 of the income of relatives, other than the spouse or owner, who reside in the household. The code also excludes \$7,500 of any income received by an applicant who is permanently and totally disabled.

\*\* The value of the residence, up to one acre of land and household furnishings are not included in the "net combined financial worth."

Current applicants who already have been certified for some level of real estate tax relief for 2005 will not need to reapply. The Department of Tax Administration will automatically review partial exemptions and adjust them as may be applicable for the second installment due in December. Any applicable refunds associated with the 2005 first installment tax bill will be processed in December. The Department of Tax Administration also will re-examine any 2005 applications previously denied based on the new income and asset limits.

Applications may be obtained by calling **703-222-8234**, TTY 703-222-7594, or online at: [www.fairfaxcounty.gov/dta/pdf\\_files/2005TaxRelief.pdf](http://www.fairfaxcounty.gov/dta/pdf_files/2005TaxRelief.pdf).

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## Watch *Senior Times* on Channel 16

Seniors are among the fastest growing segment of the Fairfax County population. Tune in to *Senior Times*, produced by the Fairfax County Department of Cable Communications and Consumer Protection, and learn about major changes taking place within the Medicare Prescription Drug program and how it may affect you.

### Channel 16 Schedule

Sunday at 6 p.m. and 9 p.m.

Monday at 5 p.m.

Wednesday at 12 p.m.

Thursday at 10 p.m.

Friday at 9 p.m.

Saturday at 7 p.m.

*Senior Times* also may be seen on your computer at the above days and times with Live Video Streaming.

## HEALTH INSURANCE QUESTIONS?

Call the Virginia Insurance  
Counseling & Assistance  
Program (VICAP) at

**703-324-5851.**

## REBUILDING TOGETHER— FREE HOME REPAIRS

Is your home in need of rehabilitation or repair? If the answer is yes and you find it difficult to pay for these services, RPJ Housing may be able to help you. For nearly 20 years, RPJ Housing has been providing free home repair services to limited-income homeowners through its Rebuilding Together program (formerly known as Christmas & Sukkot in April). Since 1988 over 47,000 community members have repaired 1,400 homes and nonprofit facilities in Arlington and Fairfax.

All the work is done for free by teams of volunteers with skills ranging from novice to professional. In fact, you probably have seen the thousands of community members armed with paint brushes, hammers, and great big smiles during the last weekend in April. These dedicated community members repair floors, ceilings, walls, doors, and roofs; install grab bars, railings, and smoke detectors; perform minor plumbing and electrical repairs; build ramps; paint; and do yard work.

Applications are now available to home-owners in Arlington and Fairfax counties and the cities of Fairfax and Falls Church. To qualify for the program, residents must own and live in the home to be repaired. The income level for an individual cannot exceed \$31,250. For each additional person in the home, the income level increases by increments of \$3,000-\$4,000. Priority is given to seniors and persons with disabilities.

To receive an application for free home repairs through Rebuilding Together, call RPJ Housing at **703-528-5606, Ext. 10**, or visit the Web site at [www.rpjhousing.org](http://www.rpjhousing.org). Although the work will be done on April 29, 2006, **all applications must be received by January 31, 2006.**

## Moving to a Nursing Home

*by Evan H. Farr, JD, CEA*

Once a nursing facility has been chosen, you can take steps to make the moving process less traumatic for the resident. First, plan the admission carefully. If you know the resident becomes very difficult to deal with in the late afternoon, plan the admission for midmorning. Next, complete the admission paperwork before your loved one actually moves into the facility. This will allow you to spend the first few hours they are there with them, getting them settled, and making them feel secure in their new living environment.

Bring along some familiar items for the resident so that his or her room will feel more like home (but keep in mind that space is limited, especially in a semiprivate room). Mark every piece of clothing with a permanent laundry marker. When a facility is washing clothes for 120 people, things occasionally end up in the wrong room, but that is less likely if the item is properly marked. If you are going to do your loved one's laundry, post a sign on the closet door to notify staff, and provide a laundry bag or basket where dirty clothes may be placed.

Keep in mind that the staff of the facility is just meeting your loved one for the first time. The best way you can help your loved one is to tell the staff, in writing, as much information as possible about your loved one, including his or her likes and dislikes, typical daily schedule, pet peeves, etc.

Get to know the people who are caring for your loved one. Most important, stay involved. Let everyone know how much you care and how committed you are to your loved one's care. Also understand you will not help your loved one by becoming anxious or emotional. Assure him or her that although this is not an ideal situation, you will be there to make it as painless as possible.

*Source: Evan H. Farr, author of the Virginia Nursing Home Survival Guide, is an elder law attorney and Certified Estate Advisor with the Farr Law Firm, a Fairfax firm that focuses on helping individuals, families and small businesses in the protection, preservation and transfer of wealth.*



# BOBBIE CIPPEL—VOLUNTEER OF THE MONTH

by Retha Lockhart, Volunteer Services Coordinator

After spending over 20 years as a stay-at-home mom, when Bobbie Cippel's youngest child started college, she wondered what to do with all the skills she had learned. In 2001, she saw an ad for the Paws for a Cause walk sponsored by the Fairfax Pets on Wheels program (FPOW). In the FPOW program, pets and their owners visit nursing homes. Bobbie and her dog, Tucker, a mixed beagle, attended the walk, loved it, and joined the program.

Bobbie felt the connection between dogs and the sick and elderly after just a few visits to Cameron Glen Nursing Home. She says, "I saw the sad faces of residents light up as soon as we walked in. Very ill patients with limited mobility would reach out, open their hands, and lean towards Tucker to pet him." When they enter a large room where residents have gathered, one resident (a stroke patient) waves her entire arm, which requires considerable effort on her part, to make sure they see her. Another resident sits in the same chair at the same time every week waiting for their visit and says, "Tucker's here!" when she sees them.

Seeing how special the bond between dog and human is, Bobbie also volunteers at the Fairfax County Animal Shelter. Many dogs are hoping to find a good home, and she wants to help get even one adopted.

After volunteering with FPOW for a while, Bobbie saw a request for volunteers to help with household tasks. Knowing that helping others with these tasks enables them to remain independent and continue living at home, Bobbie began volunteering with the Volunteer Home Services program. She helped an elderly



**Bobbie Cippel & Tucker**

woman by doing simple house-keeping every other week.

Bobbie grew up in Arlington and received a music education degree from the University of Maryland. She enjoys doing needlework and sewing. She also is the leader of the Herndon TOPS group (Take Off Pounds Sensibly), a nonprofit, weight-loss support group. Bobbie and her husband, Chris, have been married for 28 years and have two children—a son Tim, 25, and a daughter Katie, 21.

Bobbie says, "Volunteering does not give me a paycheck but if I've helped someone get through a tough day with a simple visit with my dog; helped keep someone in their home just a little longer; or even just calmed down a homeless dog, I have received something much bigger. I've been blessed with these opportunities, and they have enriched my own life in ways too numerous to count. I hope everyone will reach out and find a volunteer position that suits them."

## LUNCH N' LIFE

*PRESENTED BY THE*

*SHEPHERD'S CENTER OF OAKTON-VIENNA*

**When:** Monday, December 12  
12:00-1:30 p.m.

**Where:** Emmanuel Lutheran Church  
2589 Chain Bridge Rd., Vienna

**Program:** *A Child's Christmas in Wales*,  
by Dylan Thomas, narrated by Rod Lay

**Lunch:** \$7/person

**RSVP:** For reservations/information, call  
the Shepherd's Center at **703-281-0538**.

# Many Happy Returns....

*by Ellyn Kay, Investigator*

*Fairfax County Department of Cable Communications and Consumer Protection*

The holiday season is just around the corner. Consumers will be shopping at stores and malls, and by mail, fax, phone, and computer. However, wise consumers will avoid the post-holiday return hassle by obtaining a merchant's refund and exchange policy before making a purchase. If you are shopping in a local store, look for a conspicuously posted sign that discloses the merchant's policy at the point of sale. If you are unable to locate a sign, ask a sales associate what the seller will do if you don't like what you purchased. Ask if the policy applies to sale merchandise. If you are shopping online, search the Web site for the merchant's refund policy.

The Virginia Consumer Protection Act requires that merchants "disclose all conditions, charges or fees relating to the return of goods for refund, exchange or credit by a tag attached to the goods or a sign posted in a conspicuous area of the premises." Contrary to popular belief, merchants do not have to accept returns. If a merchant does not accept refunds, exchanges or store credits, the law requires that this policy must be conspicuously disclosed as well. Merchants who do not require that merchandise be returned in less than 20 days, and who provide a refund, exchange or credit are not required to post their store policy. Some merchants print their refund policy on the receipts. Since receipts are given to the purchaser after the transaction is completed, this procedure is not in compliance with the Virginia Consumer Protection Act, which requires prior disclosure of a refund/exchange policy.

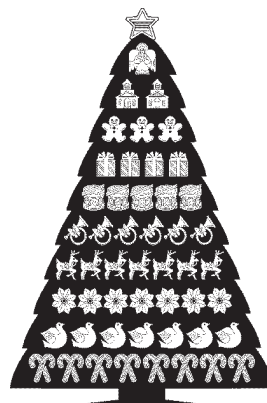
You, as a consumer, have the right to expect quality products and services at fair prices. However, you also have the responsibility to obtain information about a store's policies before you buy and be an informed consumer. Compare prices and learn as much as you can about a product or service before you buy. Compare warranties and guarantees and don't

be afraid to ask sales associates for an explanation if you are unable to understand the information in a written warranty.

If you are using a merchant's layaway plan, you should be aware that the Virginia Consumer Protection Act requires that the layaway agreement provides full disclosure containing the conditions, charges or fees associated with the layaway. This information must be furnished in writing at the time the agreement is signed, be disclosed by means of a conspicuous sign, or be fully disclosed on the bill of sale.

Keep your receipts, canceled checks, copies of ads, contracts, bills, and online sales information. If you use a credit card online, be sure that the Web site is secure. If you are ordering merchandise by phone, give your credit card number to the business only if you initiate the call. Never give your credit card information to someone who solicits you through telemarketing or e-mail.

If you need assistance in resolving your holiday transaction with a merchant, you may file a complaint with the Fairfax County Department of Cable Communications and Consumer Protection at [www.fairfaxcounty.gov/consumer](http://www.fairfaxcounty.gov/consumer). You also may call the Consumer Protection Division at **703-222-8435**, TTY 711.



**Wishing  
You  
Happy  
Holidays!!!**

# SENIOR CENTER HIGHLIGHTS



These programs are administered by the Department of Community & Recreation Services, with the exceptions of the City of Fairfax and the City of Falls Church senior centers and the Gum Springs Community Center. If participation accommodations are needed in accordance with the Americans With Disabilities Act, please call 703-324-5544 or TTY 703-222-9693 at least 10 working days in advance of the event. **All events are free unless otherwise noted.** *The symbol RR means reservations are required.* These are just a **few** of the activities offered. **Call the center nearest you for a complete listing or if you have questions.** The Senior Centers will be closed on **December 23 (half day)** and **December 26.**

## **Bailey's**

***Bailey's Community Center  
5920 Summers Lane  
Bailey's Crossroads, VA 22041  
Phone: 703-820-2131***

Wednesdays 10:00 a.m., Chair Exercise With Mindy.  
Wednesdays 12:30 p.m., Line Dancing With TJ. \$5/8 Weeks.  
Mon. 12/5 12:30 p.m., CVS Presentation.  
Wed. 12/7 11:45 a.m., Nutritionist Presents *Keeping Food Safe*.  
Thur. 12/8 10:00 a.m., Variety Show at James Lee. (RR)  
Wed. 12/21 10:00 a.m., Holiday Party.  
Fri. 12/30 10:00 a.m., New Year's Eve Party.

## **City of Fairfax**

***4401 Sideburn Road  
Fairfax, VA 22030***

***Phone: 703-359-2487***

**Please call center for information.**

## **City of Falls Church**

***223 Little Falls Street  
(Next to City Hall)***

***Falls Church, VA 22046  
Phone: 703-248-5020/5021***

**Note:** Blood pressure screenings are held the 2<sup>nd</sup> and 4<sup>th</sup> Tuesdays of the month, 10:00-11:30 a.m.

Thur. 12/1 12:30 p.m., Medicare: *What You Need to Know*.  
Mon. 12/5 9:00 a.m.-2:00 p.m., Trip: National Postal Museum and Union Station.  
Fri. 12/9 10:15 a.m.-1:00 p.m., Shop at Fair Oaks Mall. \$1 Van.  
Mon. 12/12 11:00-11:45 a.m., *Stress Management* by Rich Miller.  
Mon. 12/12 12:30-2:30 p.m., Lunch Bunch to Peking Duck Inn.  
Thur. 12/15 10:00 a.m.-2:00 p.m., Holiday Celebration, Catered Event. \$4. RSVP by 12/8.

***Franconia/Springfield  
Lane Elementary School  
7137 Beulah St.***

***Alexandria, VA 22315  
Phone: 703-924-9762***

Mondays 12:30 p.m., Computer Class.  
Tuesdays 10:00 a.m., Looking for Bridge Players—All Levels.  
Fridays 10:30 a.m., Line Dancing With TJ.  
Fridays 12:30 p.m., Bingo.  
Thur. 12/8 10:00 a.m.-2:00 p.m., Moose Lodge Party.

***Groveton at South County  
8350 Richmond Highway  
Ste. 325***

***Alexandria, VA 22309  
Phone: 703-704-6216***

Wednesdays 10:30 a.m., Bridge.  
Wednesdays 12:30 p.m., Computer Lab.  
Thur. 12/1 10:30 a.m., Senior Navigator Training.  
Thur. 12/15 11:00 a.m., CVS Presents *Colds, Flu, and Allergies*.  
Fri. 12/16 11:00 a.m., Groveton Groovers.

# S E N I O R C E N T E R

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## **Gum Springs**

**Gum Springs Community Center**  
**8100 Fordson Road**  
**Alexandria, VA 22306**  
**Phone: 703-360-6088**

Mondays	10:00 a.m., Sewing and Quilting.
Tuesdays	10:30 a.m., Ceramics.
Wednesdays	10:30 a.m., Shopping/Bowling (Alexandria Bowling Center).
Thursdays	1:00 p.m., Bingo.
Fridays	10:00 a.m., Low-Impact Exercise.

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## **Herndon Senior Center**

**873 Grace Street**  
**Herndon, VA 20170**  
**Phone: 703-464-6200**

Mon. 12/5	10:45 a.m., Holiday Card Workshop. \$2. (RR)
Wed. 12/7	11:00 a.m., Holiday Healthy Eating.
Thur. 12/15	11:00 a.m., Golden Rays Holiday Show.
Wed. 12/21	12:45 p.m., Winter Solstice Birthday Celebration.
Fri. 12/30	11:55 a.m., Countdown to the New Year!

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## **Hollin Hall**

**1500 Shenandoah Road**  
**Alexandria, VA 22308**  
**Phone: 703-765-4573**

Wed. & Fri.	9:00 a.m., Exercise With Gloria.
Fri. 12/2	1:00 p.m., Virginia Opera's Glenn Winters Discusses <i>The Utter Genius of Truly Awful Music</i> . (RR)
Mon. 12/5	1:00 p.m., Donna Spence Presents <i>Safety for the Senior Adult</i> . (RR)
Wed. 12/7	1:30 p.m., <i>Power of Attorney</i> by Jay Jupiter. (RR)
Mon. 12/12	1:00 p.m., Holiday Gathering/Music by DJ Steve.

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## **James Lee**

**James Lee Community Center**  
**2855 Annandale Road**  
**Falls Church, VA 22042**  
**Phone: 703-534-3387**

Mon.-Fri.	9:00 a.m.-12:00 p.m., Fitness Center.
Mondays	12:30 p.m., Hawaiian Dance Class. (RR)
Tuesdays	9:00 a.m.-12:00 p.m., Bridge.
Tuesdays	10:30 a.m., Beginner's Line Dancing. (RR)
Wed. & Fri.	12:30 p.m., Tai-Chi. (RR)
Wednesdays	10:30 a.m., Sewing.
Thursdays	10:30 a.m., Advanced Line Dancing. (RR)

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## **Lewinsville**

**1609 Great Falls Street**  
**McLean, VA 22101**  
**Phone: 703-442-9075**

Thur. 12/1	12:00 p.m., CVS Presents <i>Cold and Hydration</i> .
Mon. 12/5	1:00 p.m., Brownie Troop Singers.
Mon. 12/12	10:30 a.m.-12:00 p.m., Fairfax Area Agency on Aging Discusses Medicare Part D.
Mon. 12/19	10:30 a.m., Santa's Visit for the Children.
Mon. 12/19	12:00 p.m., Holiday Party.
Thur. 12/29	11:30 a.m., New Year's/Birthday Party.

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## **Lincolnia**

**4710 North Chambliss St.**  
**Alexandria, VA 22312**  
**Phone: 703-914-0223**

{	Fri. 12/2	10:00 a.m.-3:00 p.m., 2-Day AARP Driver Safety Program
	Mon. 12/5	(must attend both days to receive credit). \$10. (RR)
	Wed. 12/7	11:00 a.m., Celebration Singers Annual Show.
	Fri. 12/9	1:00 p.m., Birthday Celebration/New-Member Welcome. Chris Hagan as Entertainment.
	Tue. 12/13	10:30 a.m.-12:00 p.m., Blood Pressure Check (walk-in).
	Tue. 12/20	10:30 a.m., CVS Presents <i>Dental Hygiene</i> . (RR)
	Tue. 12/20	1:00 p.m., Healthy Living Program With Courtney Lavander, <i>Monosodium Glutamate (MSG)</i> . (RR)

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# HIGHLIGHTS CONTINUED

**Little River Glen**  
**4001 Barker Court**  
**Fairfax, VA 22032**  
**Phone: 703-503-8703**

Tue. 12/13 1:00 p.m., Maranatha Singers' Choral Performance.  
 Thur. 12/15 1:15 p.m., Red Hat Society Meeting.  
 Wed. 12/21 1:00 p.m., Golden Rays Tap Dancing/Holiday Extravaganza/Birthday Party.

**Lorton**  
**7722 Gunston Plaza**  
**Lorton, VA 22079**  
**Phone: 703-550-7195**

Mon. & Thur. 10:00 a.m., Beginner/Intermediate Bridge Group.  
 Mondays 12:30 p.m., Line Dancing With Sarah Jane. \$5/Quarter. (RR)  
 Tuesdays 10:30 a.m., Forever Young Exercise Classes at Gold's Gym. Free for Center Registered Seniors. (RR)  
 Thursdays 12:30 p.m., Computer Tutoring With Helen. Learn Basic Computer Skills/Internet. \$5. (RR)  
 Fridays 12:30 p.m., Pinochle Group Welcomes New Players. (RR)  
 Wed. 12/7 12:30 p.m., *Holiday Stressors and How to Cope*. (RR)  
 Fri. 12/9 7:00 p.m., Old Town Hall in Fairfax for Carols and Peace Ringers. \$. (RR)

**Pimmit Hills**  
**7510 Lisle Avenue**  
**Falls Church, VA 22043**  
**Phone: 703-734-3338**

Mon. 12/5 11:00 a.m., Jazzercise.  
 Fri. 12/9 1:00 p.m., Line Dancing Class.  
 Wed. 12/14 10:30 a.m., Take Off Pounds Sensibly (TOPS). \$TBD.  
 Thur. 12/22 10:30 a.m., Crochet Class.

**Sully**  
**5690 Sully Road**  
**Centreville, VA 20124**  
**Phone: 703-322-4475/4479**

Mon. 12/5 12:30 p.m., CVS Presents *Dental Hygiene*.  
 Mon. 12/12 11:00 a.m., Holiday Party With a Special Guest!  
 Tue. 12/13 11:45 a.m., Pat Avery Presents *Keeping Food Safe*.  
 Wed. 12/14 12:30 p.m., Margaret Kollay Presents *Wise Use of Medications*.  
 Mon. 12/19 10:30 a.m.-12:00 p.m., Entertainment With Steve McIntire.  
 Wed. 12/21 10:15 a.m., Chair Jazzercise With Jennifer.

**Wakefield**  
**Audrey Moore RECenter**  
**8100 Braddock Road**  
**Annandale, VA 22003**  
**Phone: 703-321-3000**

Fri. 12/2 9:00 a.m.-2:00 p.m., Bazaar/Craft Sale (12/2 to 12/22).  
 Mon. 12/5 11:00 a.m., Mary With Fire & Rescue.  
 Fri. 12/9 11:00 a.m., CVS Presents *Dental Hygiene*.  
 Fri. 12/16 12:00 p.m., David Lovins Performs Holiday Accordion Music.  
 Wed. 12/21 12:30 p.m., Amy Presents *Keeping Food Safe*.

## **Additional Locations for Meals/Other Activities**

**David R. Pinn Community Center**  
**10225 Zion Drive**  
**Fairfax, VA 22032**  
**Phone: 703-250-9181**

**Huntington Community Center**  
**5751 Liberty Drive**  
**Alexandria, VA 22303**  
**Phone: 703-960-1917**

### **FREE HOME REPAIRS**

Fairfax County's Home Repair for the Elderly Program provides free home repairs to homeowners who are 62 or older, and/or disabled; and have a maximum income of \$40,600 for 1 person, or \$46,400 for 2 persons.

#### **Typical services include:**

- Minor electrical repair • Plumbing work • Painting
- Repairing steps, floors, etc. • Minor accessibility modifications

**Fairfax County Residents** - Apply now for **FREE REPAIRS**

**Call 703-246-5154 TTY: 703-385-3578**



## How Not to Get Hooked by a "Phishing" Scam

Internet scammers casting about for people's financial information have a new way to lure unsuspecting victims: They go "phishing." Phishing is a high-tech scam that uses spam or pop-up messages to deceive you into disclosing your credit card numbers, bank account information, Social Security number, passwords, or other sensitive information.

According to the Federal Trade Commission (FTC), phishers send an e-mail or pop-up message that claims to be from a business or organization that you deal with—for example, your Internet service provider (ISP), bank, online payment service, or even a government agency. The message usually says that you need to "update" or "validate" your account information. It might threaten some dire consequence if you don't respond. The message directs you to a Web site that looks just like a legitimate organization's site, but it isn't. The purpose of the bogus site? To trick you into divulging your personal information so the operators can steal your identity and run up bills or commit crimes in your name.

The FTC, the nation's consumer protection agency, suggests these tips to help you avoid getting hooked by a phishing scam:

- If you get an e-mail or pop-up message that asks for personal or financial information, do not reply or click on the link in the message. Legitimate companies don't ask for this information via e-mail. If you are concerned about your account, contact the organization in the e-mail using a telephone number you know to be genuine, or open a new Internet browser session and type in the company's correct Web address. In any case, don't cut and paste the link in the message.

- Don't e-mail personal or financial information. E-mail is not a secure method of transmitting personal information. If you initiate a transaction and want to provide your personal or financial information through an organization's Web site, look for indicators that the site is secure, like a lock icon on the browser's

status bar or a URL for a website that begins "https:" (the "s" stands for "secure"). Unfortunately, no indicator is foolproof; some phishers have forged security icons.

- Review credit card and bank account statements as soon as you receive them to determine whether there are any unauthorized charges. If your statement is late by more than a couple of days, call your credit card company or bank to confirm your billing address and account balances.

- Use antivirus software and keep it up to date. Some phishing e-mails contain software that can harm your computer or track your activities on the Internet without your knowledge. Antivirus software and a firewall can protect you from inadvertently accepting such unwanted files.

Antivirus software scans incoming communications for troublesome files. Look for antivirus software that recognizes current viruses as well as older ones; can effectively reverse the damage; and updates automatically.

A firewall helps make you invisible on the Internet and blocks all communications from unauthorized sources. It's especially important to run a firewall if you have a broadband connection.

Finally, your operating system (like Windows or Linux) may offer free software "patches" to close holes in the system that hackers or phishers could exploit.

- Be cautious about opening any attachment or downloading any files from e-mails you receive, regardless of who sent them.

- Report suspicious activity to the FTC. If you get spam that is phishing for information, forward it to [spam@uce.gov](mailto:spam@uce.gov). If you believe you've been scammed, file your complaint at [www.ftc.gov](http://www.ftc.gov), and then visit the FTC's Identity Theft Web site at [www.consumer.gov/idtheft](http://www.consumer.gov/idtheft) to learn how to minimize your risk of damage from ID theft. Visit [www.ftc.gov/spam](http://www.ftc.gov/spam) to learn other ways to avoid e-mail scams and deal with deceptive spam.

*Cont. p. 11*

## Neuropathy Cont. From p. 1

tip is used to pressure the bottom of the foot to gauge nerve sensation. Severity of numbness is the critical factor. Gradually increasing pressure gives a much better assessment of the extent of peripheral nerve damage and risk for Charcot deformity and foot ulcers.

Diabetes patients with severe peripheral neuropathy should be informed about their elevated risk for Charcot foot and be monitored regularly for neurologic deficits. Hopefully, physicians can more readily identify high-risk patients to prevent Charcot deformities and resultant foot ulcers and lower extremity amputations.

Charcot foot occurs in approximately 30% of diabetic patients with peripheral neuropathy, and it often is misdiagnosed in early stages as gout, septic arthritis or osteomyelitis. The first symptoms occur when the foot becomes hot, painful, swollen and red. Balance is affected, bones become soft and prone to fractures, and many patients are unable to wear shoes. Treatment at this stage is intended to slow progression of the deformity by minimizing the weight-bearing load on the foot through cast immobilization walkers, rigid leg braces, and custom orthotic insoles.

At more advanced stages, Charcot foot patients lose most of the sensations in the foot and are unable to feel pain. Muscles fail to support the ankle joint properly, the foot becomes unsteady, and a reverse arch or "rocker-bottom foot" develops. Walking worsens the condition, as inflammation from pressure leads to further instability, ulcers, and dislocations. Left untreated, the disastrous result is lower extremity amputation. Visiting your podiatric physician may prevent amputations due to peripheral neuropathy.

Source: Dr. Kenneth Wilhelm is a podiatric physician and surgeon. He has been practicing in Northern Virginia for 8 years with Alexandria Podiatry Associates. He has offices in Annandale and Alexandria. He may be reached via e-mail at Podken1@aol.com. Appointments may be scheduled via his office at 703-379-0700.

## Taxi Surcharge Cont. From p. 1

There are two ways to find out what will happen to the taxicab surcharge:

1. Go online to [www.fairfaxcounty.gov/fcdot](http://www.fairfaxcounty.gov/fcdot), which is the Department of Transportation's Web site home page. As soon as the decision is made as to the fate of the surcharge, that information will be posted on the Web site.
2. Call the Department of Transportation at **703-324-1172**. That telephone number is answered from 8:00 a.m.-4:30 p.m., Monday through Friday. The message on the answering machine also will indicate what decision was made regarding the surcharge.

If the surcharge is extended and/or increased, the Department of Transportation plans to make a decision regarding **Seniors On-the-Go!** and its coupons, since the coupons decrease in value due to the surcharge. That information will be featured in a future issue of the *Golden Gazette*.

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## Phishing Scam Cont. From p. 10

The FTC works for the consumer to prevent fraudulent, deceptive and unfair business practices in the marketplace and to provide information to help consumers spot, stop, and avoid them. To file a complaint or to get free information on consumer issues, visit [www.ftc.gov](http://www.ftc.gov) or call toll-free, 1-877-FTC-HELP (**1-877-382-4357**); TTY: 1-866-653-4261. The FTC enters Internet, telemarketing, identity theft, and other fraud-related complaints into Consumer Sentinel, a secure, online database available to hundreds of civil and criminal law enforcement agencies in the U.S. and abroad.

Source: Federal Trade Commission.

## Have a Fire Safe Holiday Season

Every year, the Fairfax County Fire and Rescue Department responds to tragic incidents where people suffer injuries, burns, and even death due to carelessness with holiday decorations. Trees, lights, ornaments, and fireplaces produce extra hazards in your home at a time when hectic activity distracts your attention from fire safety.

Here are some safety tips to ensure that you have a happy and safe holiday season:

- ★ Make sure your natural tree is a fresh one. Fresh needles won't break when you bend them. When you get the fresh tree home, cut off one to two inches of the trunk and place it in a stable holder. To prevent your tree from drying out, make sure the holder is full of water, and keep the tree away from sources of heat.
- ★ Unplug your tree lights at night and when no one is home.
- ★ Use only flameproof decorations, and check the wiring on all your electrical decorations before you put them up. Avoid using extension cords to run your electrical decorations. Make sure your electrical decorations are tested and labeled.
- ★ Don't use real candles as part of decorations.
- ★ Don't use your fireplace to burn wrapping paper, boxes, or your tree. These items should be disposed of properly with your normal trash.
- ★ Keep an extra eye on friends and family members who smoke. Make sure that ashes and lit cigarettes don't fall onto chairs, gifts, or wrapping paper. Don't empty cigarette ashtrays into the trash.
- ★ Take an extra minute to ensure all your home fire safety devices are prepared for the holidays. Clean and test your smoke alarm and make sure your portable fire extinguisher is pressurized and not blocked by all the extra holiday packages.

For more information on this or other safety issues, please contact the Fairfax County Fire and Rescue Department, Public Information and Life Safety Education Section, at **703-246-3801** or 703-355-4419 (TTY).

## VOLUNTEER OPPORTUNITIES

One of the best ways to spend your time is to volunteer. Everyone benefits from volunteering. The agencies receive the help they need, and the volunteers receive satisfaction from helping others.

**Cluster Care**, a new initiative of the Fairfax Area Agency on Aging and Adult & Aging, serves adults age 18 and over (including seniors). Volunteers are needed to provide grocery shopping, transportation, light housekeeping, seasonal yard work, friendly visits, etc. Call Trina Webb at **703-324-5184**.

The **Fairfax Area Agency on Aging's Meals on Wheels** program needs volunteers to deliver meals to clients in Annandale, Baileys Crossroads, Centreville/Chantilly, Fairfax, Herndon/Reston, and Little River Glen. The job involves picking up meals at specific sites between 10:30 a.m. and 12:00 p.m., and ensuring that the meals are delivered to the clients, usually by 1:00 p.m. Drivers may choose to deliver meals weekly, biweekly, or monthly or substitute as needed. Call the Volunteer Intake Line at 703-324-5406, TTY 703-449-1186, or e-mail Christie Elliott at [Christie.Elliott@fairfaxcounty.gov](mailto:Christie.Elliott@fairfaxcounty.gov).

The **Fairfax Area Agency on Aging's Volunteer Home Services** program needs volunteers in the Falls Church, Reston, and Route 1 areas. Volunteers assist with a variety of services to enable clients to maintain their independence while living in their own homes. Grocery shopping, light housekeeping, minor home maintenance, and transportation for medical appointments and errands are some of the services provided. Volunteers are on call and help when available. Call the Volunteer Intake Line at **703-246-5406**.

The **Fairfax County Public Libraries** need volunteers to deliver books to the homebound; check books in and out; assist with teen programs; teach Microsoft Word; help new Amer-

*Cont. p. 13*



icans practice English; teach Spanish to staff; organize shelves; and garden. Opportunities are available throughout the county. Call Kate Wanderer at **703-324-8332**.

The **Hospital Elder Life Program** at Inova Fairfax Hospital needs volunteers to help elderly patients keep active mentally and physically. Volunteers are trained to provide assistance with communication, comfort, meals, and recreational and walking activities. Call **703-776-6824**.

**Our Daily Bread** provides food and emergency financial assistance to needy families in Fairfax County. Volunteers are needed to work in their Fairfax office to help with data entry, filing, and bulk mailings; drive for once-a-month emergency grocery delivery to clients; and serve as financial mentors. Call Lisa Whetzel at **703-273-8829**.

To have a volunteer opportunity considered for this column, please e-mail or fax your submission to **Retha Lockhart** by the first of the month one month in advance.

**E-mail:**

**[retha.lockhart@fairfaxcounty.gov](mailto:retha.lockhart@fairfaxcounty.gov)**

**Fax: 703-449-8689**

**Phone: 703-324-5407**

## **FREE BINGO BASH**

**Every 2nd Tuesday**

The Gables at Mount Vernon, an assisted living community located in the Alexandria/Mount Vernon area, is hosting a **FREE BINGO BASH** at the Old Country Buffet on the second Tuesday of each month from 10:00-11:00 a.m. This month's event is Tuesday, December 13.

Please come and win great prizes and have a delicious lunch at a great senior discount price.

Old Country Buffet is located in the Mount Vernon Shopping Center at 7820 Richmond Highway, Alexandria. For information, call **703-780-7100**.

## **Choosing a Hearing Aid**

Hearing is one of the basic ways we communicate. From early infancy, we begin to distinguish sounds and attach meanings. We learn our first words from hearing other people speak. There's hardly any aspect of our lives that doesn't have sound associations. Through our ears, we share the closeness of a loved one's words, the joy of beautiful music, the peacefulness of nature. Our sense of hearing also can serve as a warning device, alerting us to heed a siren or horn. As important as hearing is to our daily lives, it is also one of our major health concerns. Over 27 million people in the United States, and Canada have hearing problems.

Most hearing problems develop gradually, often causing the person with a hearing impairment to slowly withdraw from normal social and business situations. Fortunately, the vast majority of people with hearing difficulties may benefit from either medical treatment, hearing aids, or both. Even people who have been told they have "nerve deafness" may be helped by the advanced technology of today's hearing aids.

No two hearing losses are exactly the same. The exact pattern of frequencies you may be missing are as individual as you are. Although each loss is different, all hearing problems can be divided into two general groups: conductive and sensorineural.

\* Conductive hearing loss affects the outer or middle ear structures. Causes include a buildup of wax or fluid, a perforated eardrum, or abnormal bone growth in the middle ear. This kind of hearing loss often can be improved by medical or surgical methods.

\* Sensorineural hearing loss is the most common type of hearing loss, accounting for over 90% of all losses. It involves deterioration of the delicate "hair cells" of the inner ear and may be referred to as nerve deafness. Most cases are caused by prolonged exposure to loud noise or the aging process, but

## Hearing Aids *Cont. From p. 13*

also may result from infections, head injuries and certain medications. While there is no cure, in most cases, hearing aids will help.

A person with this type of loss frequently hears low-pitched tones better than high ones and may have trouble understanding letters like f, s, th, p and ch. They may complain that a person mumbles—not because the sounds are so soft—but because the words sound jumbled and confusing. The higher pitched voices of women and children also may be more difficult to hear.

There are three parts to the human ear: the outer ear, middle ear, and inner ear (also called the cochlea). Although the outer ear is most visible, the two main organs of hearing are really the middle ear and the cochlea. These complex organs of hearing are hidden in a space about as big as the end of your thumb. The middle ear includes the eardrum and three tiny bones that conduct sound. The snail-shaped cochlea contains thousands of tiny sensory cells. For you to hear, sound waves enter the outer ear, pass through the ear canal, and strike the eardrum. The eardrum vibrates and sends the sound waves through the middle ear to the cochlea, where sensory cells generate electrical impulses that send the sound messages up the auditory nerve to the brain, where they are interpreted as sound.

A hearing instrument works as a personal amplification system. Sound enters the hearing instrument through a microphone. A tiny amplifier makes the sound louder. The amplified sound is transmitted through the receiver or speaker into the ear canal. This provides increased stimulation through the middle ear to the inner ear, making sounds easier to hear.

Today, there are five basic hearing aid styles to choose from:

1. Completely-in-the-canal (CIC) hearing aids fit deeply into the ear canal, away from view, and are virtually invisible.
2. Mini-canal (MC) hearing aids have volume controls and are a more cosmetically

appealing smaller version of the in-the-canal hearing aid.

3. In-the-canal (ITC) hearing aids bring power and improved cosmetics to better hearing.
4. In-the-ear (ITE) full-shell hearing aids may be a better choice for those with limited dexterity.
5. Behind-the-ear (BTE) instruments have a plastic housing for components, which rests behind the ear. These models can provide more amplification for severe to profound hearing loss.

Source: *Belton Hearing Aid Center.*

## 10 Warning Signs of Hearing Loss

1. People seem to mumble more frequently.
2. You hear, but have trouble understanding all the words in a conversation.
3. You often ask people to repeat themselves.
4. You find telephone conversation increasingly difficult.
5. Your family complains that you play the radio or TV too loudly.
6. You no longer hear normal household sounds, such as the dripping of a faucet or the ringing of a doorbell or telephone.
7. You have trouble hearing when your back is turned to the speaker.
8. You have been told you speak too loudly.
9. You experience ringing in your ears.
10. You have difficulty understanding conversation when in a large group or crowd.

### Winter Warmth and Safety Tips

With concern about the high cost of energy this winter, the following tips for warmth and safety may be useful for you to implement with your loved ones who live alone.

1. If you have a thermostat, leave it at a level comfortable when you are warmly dressed, but not below 65°F. Do not change it frequently.
2. Dress in layers. Be sure to keep your head and feet covered when especially cold.
3. Close off rooms that you do not use often. Be sure that rooms with plumbing have enough heat to avoid freezing pipes.
4. Check furnaces, stoves, and flues each year for safety and the best heating efficiency.
5. If you don't have storm windows, put plastic sheeting over windows to reduce heat loss. Put adhesive foam rubber strips around doors and windows to help stop air leaks.
6. Be aware that opening and closing doors allows precious heat to escape.
7. Consider using a ceiling fan to circulate air, especially if you have high ceilings. Warm air rises.
8. Fill cracks around windows, doors, vents, chimneys, pipes, and wires.
9. Water pipes can be covered with insulation to prevent freezing. Contact with rocks or cement can cause pipes to freeze more quickly.
10. Check for adequate insulation, especially in attic areas where most heat is lost.
11. Cook warm meals in winter. The extra heat from cooking will help warm your home. But do not try to heat a room with your oven, except in an extreme emergency. It is inefficient and dangerous.
12. Avoid space heaters, except in an emergency. They tend to be dangerous and inefficient. Never use outdoor grills or stoves for indoor heat. Carbon monoxide poisoning can result in death.
13. Eat healthy foods and drink plenty of liquids. Inadequate nutrition can make you feel colder. Avoid alcohol.

14. Be active. Moving around moderately stimulates circulation, but overexertion in cold weather can be dangerous.

15. Beware of ice and other slip hazards when you must go outdoors. For your hands, mittens are warmer than gloves.

16. Don't freeze! If you have done all you can but still can't stay safely warm, you may call Fairfax County Coordinated Services Planning at **703-222-0880**, to explore utility assistance options in your community.

17. If your body temperature falls below 96°F, get medical help immediately.

*Source: Provided by the Virginia Department for Aging, and Franklin Long-Term Care Coordinating Committee, with editing.*

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### Attention! Veterans! Fraud Alert

The Department of Veterans Affairs has reported that the "Patient Care Group" is conducting a scam operation against veterans who receive VA prescriptions. Callers claiming to be representatives of this group tell veterans that their prescriptions are being administered by the company. They then ask for credit card information so that the veterans can continue to receive their medications.

VA officials said that the department has made no change to its prescription system, and that veterans should not provide any information to callers from this group.

*Source: U.S. Department of Veterans Affairs, Health Administration Center.*



# COMMUNITY CALENDAR

**December 3.** 11:30 a.m.-7:00 p.m. Festival of Lights and Carols. Enjoy a day of holiday festivities. Lunch and pictures with Santa, smores by the Yule log, ice sculpting, hot cider, lighting the tree, and caroling. City of Fairfax, 3999 University Dr., Fairfax. For information, call **703-385-7858** or **703-385-7949**. ([www.fairfaxva.gov](http://www.fairfaxva.gov))

**December 3.** 10:30 a.m. Basket Weaving Workshop. The High Country Basketry Guild guides participants in making a small gift basket perfect for filling with holiday treats. Patrick Henry Library, 101 Maple Ave., East, Vienna. To register, call **703-938-0405**. ([www.fairfaxcounty.gov/library](http://www.fairfaxcounty.gov/library))

**December 6.** 1:00 -4:00 p.m. Whimsical Wreaths. Learn how to make beautiful live fir wreaths for the holidays. Most materials will be provided (including live wreaths), but participants are encouraged to bring ribbons and other preferred decorations to match their holiday decor. Ages 55 and older. \$10 Reston residents; \$20 nonresidents. Must complete registration form at Reston Community Center or online at [www.restoncommunitycenter.com](http://www.restoncommunitycenter.com). 2310 Colts Neck Rd., Reston. Call **703-476-4500**.

**December 7.** 7:30 a.m.-3:30 p.m. Holiday Bazaar. Features a wide array of arts and crafts and a huge rummage

sale. Lincolnia Adult Health Care Center, 4710 N. Chamberliss St., Alexandria. For details, call **703-914-1372**.

**December 10.** 6:00- 9:00 p.m. Historic Alexandria Candlelight Tour. Tour includes the Carlyle House Historic Park, Gadsby's Tavern, and the Lee-Fendall House. Enjoy these historic sites by candlelight with seasonal decorations, entertainment, and light refreshments. \$20 adults; \$15 seniors (65+); \$5 children (6-17). Tour begins at 121 N. Fairfax St., Alexandria. Call **703-549-2997**.

**December 11.** 2:00 - 4:00 p.m. Holiday Book Mart. More than a dozen local authors will sell and autograph their work. Co-sponsored by the Friends of the Fairfax City Regional Library and the Fairfax County History Commission. The library is at 3915 Chain Bridge Rd., Fairfax. To register, call **703-293-6227**. ([www.fairfaxcounty.gov/library](http://www.fairfaxcounty.gov/library))

**December 21.** 8:00 p.m. A Joyous Holiday Celebration. Elizabeth Von Trapp, granddaughter of the legendary Maria and Baron Von Trapp, whose story inspired *The Sound of Music*, will include in her program timeless ballads, Austrian, English and French carols, along with other traditional holiday music. \$22 adults; \$18 McLean District residents. The Alden Theatre at the McLean Community Center, 1234 Ingleside Ave., McLean. Call **703-790-0123**.

## ***High Flying Christmas***

**Free Event for Entire Family!**

This Christmas in Olde Towne production combines a touch of colonial, a present day flight, a bit of intrigue, and a glimpse of Bethlehem in a way that will delight audiences of all ages as it kicks off the holiday season. Audiences will be charmed by a production complete with authentic costumes, sets, vocal and instrumental music, and a cast of talented actors.

**When:** Performances are scheduled for Friday, December 9, 7:00 p.m.; Saturday, December 10, 3:00 & 7:00 p.m. preceded by a Senior Adult Tea at 2:00 p.m.; and Sunday, December 11, 7:00 p.m.

**Where:** Downtown Baptist Church centrally located in Old Town Alexandria at 212 South Washington Street, between Prince and Duke Streets, directly across from The Lyceum.

**Parking:** Free garage parking is available in the Atrium Building across the street from the church. The garage entrance is in the rear on S. Columbus St. The church and parking are both handicapped accessible.

**RSVP:** For more information and to reserve your **free tickets**, call **703-549-5544** or visit Downtown Baptist Church's Web site at: <http://www.downtownbaptistchurch.org>.